



## Breastfeeding



### Best Practice Standard

- Facilities shall encourage, provide arrangements for, and support breastfeeding

### Background

- Doctors recommend exclusive breastfeeding for about six months followed by continued breastfeeding while complementary foods are introduced during the first year of life or longer if desired.
- Breastfeeding benefits babies by reducing illnesses, doctor's visits, hospitalizations and the risk of obesity.
- Breastfeeding reduces the mother's risk for Type 2 diabetes, breast and ovarian cancers the longer she breastfeeds and lowers her risk of postpartum depression.

### Breastfeeding Support is Good for Business

- Breastfeeding mothers are looking for centers that encourage, provide arrangements for, and support breastfeeding.
- Fewer illness among your population! Healthier babies means healthier, happier staff!
- All it takes is a private, clean room (not a bathroom) with an electrical outlet, where mothers can pump their breastmilk. This benefits your employees as well if they are breastfeeding.

### How to Store and Feed Breastmilk to Babies

- Breastmilk can be stored in the same refrigerator as other food.
- Bottles of breastmilk must be labeled with the child's name and date milk was pumped. Use oldest milk first.
- Leave refrigerated bottles of breastmilk in the refrigerator until just before feeding.
- Depending on the baby's preference, breastmilk can be served cool, at room temperature or warmed by placing it in a container of warm water—do not heat breastmilk directly in a pan on the stove.
- Avoid heating breastmilk in a microwave oven.
- Breastmilk that has been frozen can be thawed in the refrigerator the night before feeding or can be gradually warmed under cool to warm running water.
- Frozen breastmilk separates into layers. Gently swirl the breastmilk before feeding it to the baby.
- Discard any unused portion of thawed breastmilk that the baby does not drink. Do not refreeze it.
- After feeding, wash the bottle and its parts with soap and hot water before reusing.
- Follow the following chart for guidelines on safe storage times:

Location	Temperature	Storage Time	Comments
Countertop/Table	Room temperature 60°-85°	3-4 hours	Containers should be covered and kept as cool as possible.
Refrigerator	39°	24 hours for previously frozen breastmilk 72 hours for refrigerated breastmilk	Store breastmilk in the back of the refrigerator where temperature is most constant.
Freezer compartment within a refrigerator	5°	2 weeks	Store breastmilk in the back of the freezer where temperature is most constant.
Freezer compartment of a refrigerator that has separate doors	0°	3-6 months	Store breastmilk in the back of the freezer where temperature is most constant.

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